



For Immediate Release

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Classes for Health and Well-Being

Fairfield, California (Wednesday, September 8, 2010)—Recreational classes offered by the Fairfield Community Resources Department focus on staying active and healthy at any age.

Princess Ballet and **Twinkle Toes Dance and Gymnastics** begin new sessions next week and spots are available for new students. Toddlers, age three to five, enjoy a late morning of dance and play after morning preschool classes. Princess Ballet begins Monday, September 13, and Twinkle Toes Dance and Gymnastics begins Tuesday, September 14. Each program is \$45 for four weeks and meets from 11:45 a.m. to 12:30 p.m. at the Fairfield Community Center.

Children, age three to eight, can join one of the most successful children's dance programs in northern California, **Children's Dance**, for a new season of tap and ballet. Session starts Thursday, September 16. Students develop self-confidence and body awareness along with a foundation of tap and ballet. Children, age three to four, meet from 4 to 4:45 p.m., age four to six meet from 4:45 to 5:30 p.m., and age five to eight meet from 5:30 to 6:15 p.m. at the Fairfield Community Center. Register for six classes at a time for \$72.

Young athletes improve their sports skills after taking the **Yoga Athletic Conditioning** class offered on Mondays from 5 to 5:45 p.m. in the Fairfield Community Center. Instructor Linda Schrupp works on coordination, flexibility, and focus, which results in better endurance. Classes begin September 13 and cost \$65 for ten weeks.

Learn step-by-step **American Sign Language** including alphabet and finger spelling, numbers and their usage, and parts of speech in this six-week class, beginning on Monday, September 13. Learning simple sign language enhances language development. Class meets on Mondays and Thursdays from 6:30 to 8:00 p.m. in the Fairfield Senior Center. Cost is \$60 for six weeks.

Wellness Drumming for adults and seniors has risen to popularity as a growing holistic trend to drum out stress and drum in calmness. Classes for seniors begin Wednesday, September 15, from 1 to 2 p.m., and adults from 6 to 7 p.m. at the Fairfield Senior Center. Registration fee is \$31 for three classes.

Register for these classes at City Hall at the Mall, near JCPenney on the first floor of Westfield Solano Mall, or online with EZReg at www.fairfield.ca.gov. For more information, call (707) 428-7796.

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About the City of Fairfield Community Resources Department

The Community Resources Department's mission is to shape our community's future by offering an array of programs and services that meet the needs of Fairfield residents. The department strives to provide resources for all aspects of daily life. Community Resources operates affordable housing programs, recreational classes, neighborhood improvement programs, senior services, sports and aquatics programs, and youth activities. The department manages the Aquatics Complex at Allan Witt Park, Allan Witt Sports Center, City Hall at the Mall, Fairfield Center for Creative Arts, Fairfield Community Center, Fairfield Senior Center, neighborhood centers, and sports fields.